

Bluewater News



TERM 2 2016



Bluewater

BOOK
NOW

Swim School

Term 2 is now underway with classes being held 6 days a week.

Classes for pre-school children are aged based. School aged children are in ability based classes and will need an assessment to determine their skill level so they can be placed in the right class for them.

We have assessments on Monday afternoons from 4pm - 5pm.

Some classes still have places available, anyone wishing to enrol their child can contact Bluewater on 5232 9551.

SWIMMING IS AN ESSENTIAL LIFE SKILL.

REMINDER FOR SWIM SCHOOL FAMILIES:

Swim School families are reminded to report to customer service upon arrival to have their attendance marked off.

If your child is unwell or unable to attend their class, please contact customer service to mark their absence. This will make a place available for anyone waiting for a make up lesson.

Session info

AQUA BALANCE

Rehabilitation program promoting joint mobility and improves muscular imbalances.

Monday through to Thursday

COST: \$9.90- \$12.00

AQUA MOVES

Low intensity, low impact to maintain cardiovascular health, stability and agility.

Monday, Wednesday & Friday

COST: \$9.90 - \$12.00

AQUA LOGIX

Higher intensity training with omni-directional bells and blades.

Tuesday and Thursday

COST: \$9.90 - \$12.00

OPEN HOURS

Mon to Thurs: 6am – 8.30pm
Fri: 6am – 7pm
Sat and Sun: 8am – 4pm Public Holidays: 10am – 4pm



What is Outdoor Adults.....

SESSION DETAILS

Wednesday 9.15am

Colac Botanic Gardens

COST: \$6.60

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participants meet at the
botanic cafe car park

Just five minutes of exercise in a 'green space' - such as your local park - is enough to make you feel happier and less stressed, according to recent research, published in the Environmental Science and Technology journal.

Colac Outdoor Adults is a program targeting older adults, encouraging engagement in an eight week program of varied activities in an outdoor setting.

The Outdoor Adults Program is a partnership between Leisure Networks, Colac Otway Shire Council and Bluewater Leisure Centre with an aim to connect local older adults (50+) to their community through use of walking paths, cycle paths and outdoor areas while raising awareness of the benefits of exercising outdoors.

DIRECT DEBIT CUSTOMERS

Please be advised that ExziDebit have increased their rejection fees to \$11.90.

To avoid these fees, please ensure you have sufficient funds in your account prior to your nominated direct debit day.

MERCHANDISE SALE

WE ARE CURRENTLY HAVING
A SALE ON SELECTED
MERCHANDISE ITEMS.

SAVINGS OF 20% TO 40% CAN BE
MADE ON SPEEDO, CHAMPION
AND FUNKITA BRANDS.

SALE ENDS FRIDAY APRIL 30.

DON'T MISS OUT!



STAFF
PROFILE



CASEY TIPPER
GYMNASIUM INSTRUCTOR

Casey is a 20 year old personal trainer and gym enthusiast from Colac who has been a popular member of the Bluewater Team for the last 9 months.

Not only is Casey a keen gym user and trainer, he is also the drummer in a local band.

Casey has a Cert IV in Fitness and a Diploma in Sports Development.

Casey specialises in building muscle and enjoys taking intense full body cardio group training sessions.

"My group training sessions are intense and are aimed toward intermediate to advanced participants".

Casey will be running Open Group Training sessions at Bluewater on Mondays and Thursdays at 5:30pm.

Group training is a great option for people wanting to train in a social environment. You can train with family or friends or meet new people, all with the support of a qualified personal trainer, like Casey

Bluewater's group training involves 10 sessions over a five-week period with a maximum of 10 participants per group.

Open Group Training cost \$75 for members and \$125 for non members

To enrol in Casey's or any of our open group training sessions give the Bluewater team a call on 5232 9551.

For more information on Open Group Training visit our website www.bluewater.org.au

Managers Memo

To All our Members and Visitors,

The end of this week will mark 6 months since we have been operating at the new Bluewater facility. I don't think any of us really imagined the extent of the challenges we'd face moving into a new facility.

Whilst we have had a number of operational, commissioning and maintenance challenges, we have been grateful for the show of support and understanding by our users. We have a fantastic team of staff here at Bluewater and I'd also like to commend them for their effort and professionalism that they have demonstrated during this transition phase.

Hopefully by now you have seen our new website! The new website has been delivered as part of an overhaul of the Colac Otway Shire website, which also included a revamp of COPACC. I encourage you to take a look at the awesome new site, you will find all the information regarding programs and prices that you need (www.bluewater.org.au).

A quick update on a few items of interest:

- The spa jets are working well and providing fantastic pressure.
- We will have additional bench seating in the pool hall very soon (hoping this week).
- The steam room seating replacement will be completed by the end of May.
- There will be further works take place on the pool concourse though the date is yet to be determined. We'll make sure to communicate this through the Colac Herald, Facebook and internally.
- The childcare yard is now fully complete and the recent addition of plants make a huge difference to that space! Take the time to have a look at this great space for our kids.

I hope you were able to snap up some bargains during our retail sale. We've cleared some stock to make way for some winter training gear which will hit the shelves very soon.

As always we welcome your feedback as to how we can improve our service so that you can have the best experience possible whilst using this great facility.

Kind regards,

Russell
Centre Manager



RECIPE



<http://www.taste.com.au>

Quinoa & vegie pilaf with marinated feta

INGREDIENTS NUTRITION

- 2 tsp olive oil
- 250g cup mushrooms, thinly sliced
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 200g (1 cup) quinoa, rinsed, drained
- 250ml (1 cup) Vegetable Stock
- 160ml (2/3 cup) water
- 300g broccoli, cut into small florets
- 150g peeled roasted red capsicum, sliced
- 1/4 cup chopped fresh continental parsley
- 60g marinated feta, drained, crumbled
- Lemon zest, to serve

NUTRITION

Energy	1242k
Fat saturated	3.00g
Fat Total	9.00g
Carbohydrate sugars	0g
Carbohydrate Total	35.00g
Dietary Fibre	9.00g
Protein	15.00g

STEP 1

Heat half the oil in a large saucepan over high heat. Cook mushrooms, stirring occasionally, for 3-4 minutes or until golden. Transfer to a plate. Reduce heat to medium. Add remaining oil and onion to pan. Cook, stirring occasionally, for 5 minutes or until soft. Stir in garlic for 1 minute or until aromatic.

STEP 2

Add quinoa, stock and water. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water is almost absorbed. Stir in broccoli. Cook, covered, for a further 2 minutes or until water is absorbed. Remove from heat. Set aside, covered, for 3 minutes to steam.

STEP 3

Stir mushroom, capsicum and half the parsley into the quinoa mixture. Season with pepper. Sprinkle with feta, lemon zest and remaining parsley.

QUINOA

Quinoa comes in three different colours – white, red and black. White is most widely available, and also the quickest to cook.

Session info

PILATES

Matwork and bodyweight exercise

Monday, Tuesday, Wednesday, Thursday & Sunday

COST: \$9.90 - \$12.00 per session

BOXING

Full body workout that packs a punch!

Tuesday & Friday

COST: \$9.90 - \$12.00 per session

CIRCUIT

Cardio & resistance training for all levels

Wednesday

COST: \$9.90 - \$12.00 per session

CRANK

High intensity cycling class

Monday, Wednesday and Saturday

COST: \$9.90 - \$12.00 per session

OVER 50 PROGRAM

Variety of gymnasium and group fitness both dry and aquatic.

Weekdays, see timetable for more info.

COST: \$6.60 per session

CORE

30 minute class - abs, hips and lower back.

Thursday and Saturday

COST: \$9.90 per session

METAFIT

30 minute high intensity bodyweight program.

Wednesday, Thursday and Friday

COST: \$9.90 per session

OVER 50 OFF SITE

Held in:

Birregurra - Tuesday 9am & Friday 3pm

Forrest - Tuesday 11am.

COST: \$4 per session

For more information visit www.bluewater.org.au